

Meal Pattern for the After-School Snack Program

Serve any 2 of the following 4 components: (Must be 2 DIFFERENT components)	Ages 3-5	Ages 6-18
1. Milk, fluid	½ cup	1 cup
2. Vegetables and Fruits Vegetable(s) and/or fruit(s) or Full-strength fruit or vegetable juice ¹ or An equivalent quantity of any combination of the above	½ cup	¾ cup
3. Grains/Breads² Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ³ or Cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or An equivalent quantity of any combination of the above grains/breads.	½ slice ½ serving ⅓ cup or ½ oz. ¼ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup or 1 oz. ½ cup ½ cup ½ cup
4. Meat and Meat Alternates Lean meat or poultry or fish ⁴ or Alternate Protein Products ⁵ Cheese or Cottage cheese or Eggs or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds ⁶ or Yogurt ⁷ , plain or flavored, unsweetened or sweetened or An equivalent quantity of any combination of the above meat and meat alternates.	½ oz. ½ oz. ½ oz. ⅛ cup ½ large egg ⅛ cup 1 Tbsp. ½ oz. 2 oz. or ¼ cup	1 oz. 1 oz. 1 oz. ¼ cup ½ large egg ¼ cup 2 Tbsp. 1 oz. 4 oz. or ½ cup

¹ Juice may not be served when milk is the only other snack component.

² Bread, pasta or noodle products, and cereal grains must be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc., must be made with whole-grain or enriched meal or flour; cereal must be whole-grain or enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour. All products must meet the minimum serving sizes specified in "Serving Sizes for Grains/Breads in the After-School Snack Program."

³ Either volume (cup) or weight (ounce), whichever is less.

⁴ Edible portion as served.

⁵ Alternate Protein Products must (1) be processed so that some portion of the non-protein constituents of the food is removed, (2) have a biological protein quality of at least 80 percent that of casein as determined by PDCAAS, and (3) contain at least 18 percent protein by weight when fully hydrated or formulated.

⁶ Tree nuts and seeds that may be used as meat alternates include: almonds, Brazil nuts, cashews, filberts, macadamia, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts. Children under 5 are at the highest risk of choking. USDA recommends that any nuts and/or seeds served to young children are in a prepared food and are ground or finely chopped.

⁷ It is recommended that yogurt not be served when milk is the only other snack component.